

An Overview of Management Issues in Adult Patients with Type 2 Diabetes Mellitus

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Abstract

Despite some progress in reducing the rate of diabetic complications, the epidemic rise in incidence of diabetes mellitus ensures that there will be an increasing number of patients in the coming decades with complex health care management issues who will need efficient and effective care. The management of patients with diabetes is an ever-challenging endeavor attributable to several factors. These include, among others, (1) limited provider expertise, (2) decreasing time of a patient visit, (3) increasing complexity of drug management, (4) limited use of self-monitoring of blood glucose by patients and/or providers, (5) clinical inertia, and (6) nonadherence. Technology-driven innovative solutions, including those using virtual reality, are desperately needed to assist both patients and their providers in overcoming the exigencies of this protean disease.

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Abbreviations: (A1C) hemoglobin A1c, (ADA) American Diabetes Association, (BG) blood glucose, (CPOE) computerized physician ordering entry, (EMR) electronic medical record, (LDL) low-density lipoprotein, (PCP) primary care provider, (SMBG) self-monitoring of blood glucose, (T1DM) type 1 diabetes mellitus, (T2DM) type 2 diabetes mellitus

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